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# THE COMPLETE IDIOT'S GUIDE TO

The perfect plan for getting your diet in gear. Whether you've wanted to slim down, improve your energy, lower your cholesterol, improve diabetes, or just look great in the mirror, Julieanna shows you how remarkably easy it is to get there."

—Neal D. Barnard, M.D.,  
Adjunct Associate Professor of Medicine,  
George Washington University School of Medicine,  
and author of 21-Day Weight Loss Kickstart

# Plant-Based Nutrition



Julieanna Haver, M.S., R.D., C.P.T.

Julieanna Hever

## The Complete Idiot's Guide to Plant-Based Nutrition



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The healthy vegan diet-made easy. • How to prevent the vegan pitfall of overfed but undernourished. In The Complete Idiot's Instruction(r) to Plant-Based Diet, readers will find: • Where you might get nutrition that others obtain from meats and dairy.S. • How to spot hidden animal elements in packaged foods. A growing number of physicians advocate a completely plant-based diet for many of their sufferers who suffer from diabetes, cardiovascular disease, and cancer. There are about one million vegans in the U. Vegans face their very own special challenges with regards to nutrition and this publication provides answers. and about 50,000 new ones every year. • Tips for eating at restaurants. • Special considerations for kids and seniors.



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Different than your rest. Essential read for any fresh or existing vegetarians or vegans, or other people who want to explore a plant based diet... I love this book! I really like the quality recipes! I am cutting back on animal products too and this book is so helpful. I have learned a lot from the novice point of view. That was an incredible and very useful addition to the book. Vegan books usually contain plenty of oil, glucose, salt and mock meats.. Wonderful Book! Julieanna clarifies why all of these "anti-nutrition" are not healthy and how to get around using them in fun and delicious ways. This book explains a whole lot but I thought it would have more recipes. I then turned to the Super Seniors chapter because living a long and healthy lifestyle is best about where I am. She actually is an inspiration if you ask me because I was a vegan for five years and fell off the wagon for cheese and today I am back on, because of her passion. This publication reminded me all the factors I went plant-centered five years back and I will be giving this reserve to loved-types as a reference since it explains everything you will ever need to know about as an herbivore! Plant Based Nutrition The Complete Idiot's Instruction to Plant Based Nourishment, by Julieanna Hever is a beautifully written work which explains the significance of healthy eating. A great place to begin your plant-based diet journey After hearing about The China Study, I made a decision to needed to get one of these plant-based diet. The publication could be read cover to cover or the reader can choose items from the Table of Contents which might be of particular interest to them. I admit there have been a few locations where the research gets a bit solid but that's the nature of the beast, isn't it?) chapter and really look forward to trying some of those treats. Congrats Julieanna! Every reader will see much of interest in conditions what makes us healthy and what drags us down. Even though the title of the series of books (Idiot's Instruction) would lead someone to think this publication is for the un or undereducated person, it isn't. I bought this publication for my 80 season old mother, she actually is wanting to learn to go vegan in order to keep from needing to take drugs on her behalf Rheumatoid Arthritis. Hever did an excellent job of presenting proof to back up most of her positions on diet and health. In Appendix C, she provides nutrition charts which certainly are a scholarly consider the information regarding plant based diet. Whoever has ever wondered how exactly we really get our protein, or how many vitamins we actually need, or what goes on to us as we get older will find the answers obviously explained in this publication. When you surface finish reading it you will end up very well informed indeed on how to improve your total life style, and just feel better about yourself and the way you provide for your family nutritionally speaking. Purchase it today!..! Wonderfully created and easy to follow. I wanted to transition to the way . I love how it is different from all the other "vegan" books out generally there;. I bought this reserve for my wife who is a vegetarian but We felt was not getting a good, broadbased diet with all the nutrition that she needed. The very best STARTER book. Mrs. In only a month of trying to accomplish it herself without guidance she actually is practically pain free, but she became worried that she may not be doing the proper things, so I bought her this publication. I read it first to ensure it would be helpful to her. It had been so good I couldn't put it down, I ended up staying up all night to complete it. This reserve is merely what she had a need to answer any questions she had and alleviate any fears concerning whether she was getting the proper nourishment. Plus, she found out she does not have to get fancy or start eating lots of international foods that she can't discover in her rural area and can't afford on a spending budget. Pun intended. The book is designed for people who know small about plant based nutrition, and for those people who are fully educated. Now the big issue: where to begin. I "looked inside" several recipe books and books that state to show you the way. In the end, I chose Julieanna Hever's The Complete Idiot's Guidebook to Plant-Based Nutrition because she speaks plainly but intelligently, includes all the details you must understand nutrition without making you scratch your mind in confusion. I went right to the Super Snacks (wouldn't you merely know it? The body is a complicated organism. Good read Lots of helpful tips on how best to increase fruits and vegetables into your daily food diet. She also includes some great-sounding quality recipes to get me started. There are

also hints on how best to change some of your favorite dishes to create them plant-based. Rather than being known as a vegan book it is a "whole-meals plant-based" how exactly to book. I recommend this reserve to anyone thinking they'd prefer to change their eating habits to plant-based. This ended up being the best place to start out, explaining the way the body works and telling me what I need in my diet to nourish every part of the body. That was the one thing I was disappointed about. what great information to jump-start your Learning to consume healthy..what great information to jump-start your journey Could have liked to see more recipes I have to carry out more of a plant based diet for health reasons..... I really like the whole concept of the book. I would recommend this book. Five Stars great reserve, interesting with lots of recipes Five Stars Very informative book. Well worth buying if one is serious about changing their lifestyle Five Stars Fast shipping, completely new Five Stars Very informative and an easy task to digest. She is thrilled with the publication. Very informative. This book will coach vegetarians how to consume a healthy diet plan which is not without required nutrients... Very informative. I needed to transition to the way of eating. it is a step up.



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